



2019 Golden Years Café

Located at Northern Exposure Restaurant

4384 Deerskin Rd, Phelps, WI

Meals sponsored by the ADRC of Vilas County

Monday-noon	Tuesday-9:00 a.m.	Wednesday-noon	Friday-noon
		1 Country Fried Steak Mashed Potatoes w/Gravy Corn Whole Wheat Bread Fruit Cocktail	3 Chop Suey over Rice Chow Mein Noodles Cottage Cheese w/Peaches Whole Wheat Roll
6 Ribs Baked Potato w/Sour Cream Baked Beans Whole Wheat Roll Banana		8 Chicken Alfredo over Noodles Mixed Dark Green Salad w/Tomatoes Whole Wheat Bread Vanilla Pudding w/Strawberries	10 Broiled Fish Baked French Fries 3-Bean Salad Rye Bread Orange
13 Beef & Bean Burrito w/Lettuce, Tomato, Cheese, Salsa & Sour Cream Cantaloupe	14 Whole Wheat French Toast Bacon Scrambled Eggs Salsa Cranberry Juice	15 Chicken Cordon Bleu over Rice Beets Whole Wheat Roll Grapes	17 Lasagna Dark Green Salad w/Tomatoes Garlic Bread Cake w/Fruit
20 Ribs Sweet Potatoes Baked Beans Whole Wheat Roll Banana		22 Open-face Turkey Sandwich on Whole Wheat Bread Mashed Potatoes w/Gravy Carrots Applesauce	24 Broiled Fish Potato Rounds Baked Beans Coleslaw Whole Wheat Bread Jell-O w/Fruit
27 No Senior Meals Northern Exposure will be open	28 Ham Steak Scrambled Eggs Salsa American Fries Whole Wheat Toast Low-sodium Tomato Juice	29 Beef Pasty w/Gravy Mixed Dark Green Salad w/Tomatoes Cranberry Sauce	31 Salisbury Steak Mashed Potatoes w/Gravy Mixed Vegetables Whole Wheat Roll Pumpkin Pie w/Whipped Cream

***Lighter Substitute available in place of Main Entrée: Healthy Salad**

*All meals served with Fat-free Milk, Whole Grain Rolls/Bread with Margarine.

Lunch served Monday, Wednesday & Friday at noon.

Breakfast served every other Tuesday at 9:00 a.m.

Reservations or Cancellations MUST be made 24 hours in advance.

Call **Judi Heikkinen at (715) 545-3697** to reserve or cancel a meal.